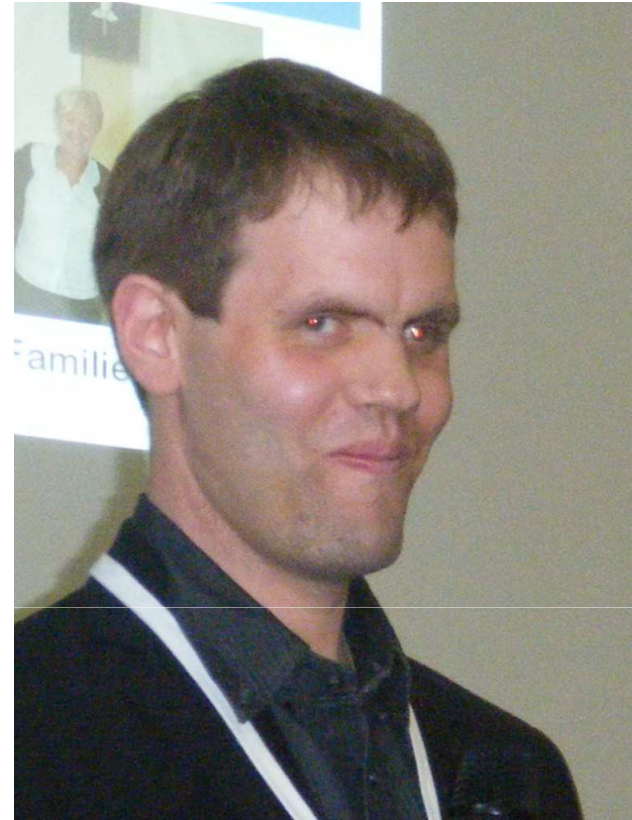


*speaking up  
together*

**what we say counts**

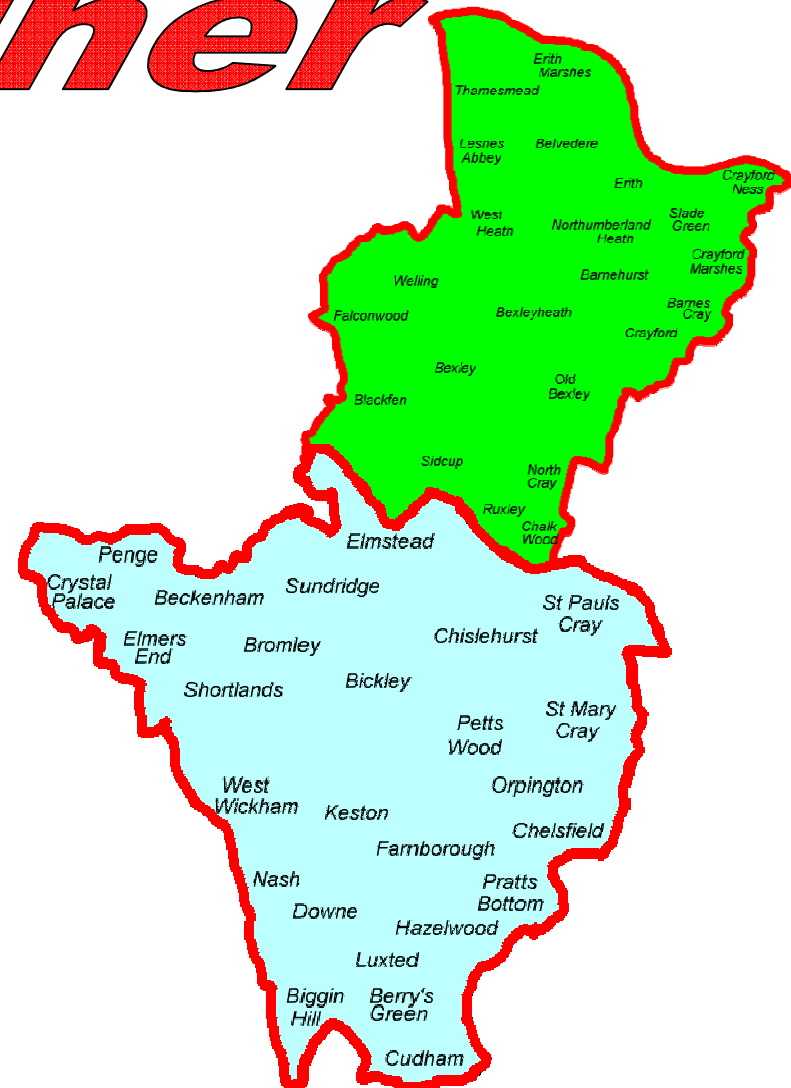


**David Barnett**  
Bromley Sparks member



**Matthew Froude**  
vice chair  
Bromley Sparks

# *speaking up together*



# *speaking up together*



# *speaking up together*



# our views matter



# our views matter



**Stephanie**

**Jason**





# Holly

## Bromley LINK and Partnership Board rep



I think it's good to **have our own say**;  
speaking up and answering questions.  
**Our group helps us to practice that.**



**When people don't listen I feel anxious and annoyed.**



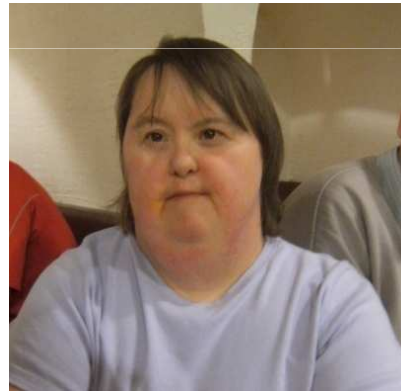
I am on the group which **talks about health**.  
It is interesting. We talk about **care services**.

I think the **services will improve if they do  
what we say!**



# Janet

## Partnership Board rep



I like the **Speaking Up Group**. We get to **talk** about all **different things**. I like going to the meetings. I like being chairman and keeping everyone in order.



**The Partnership Board** is very interesting.  
I feel **very important**.

It's a good way for the **council to listen to us**.



If **people don't ask me** what I think,  
I feel **annoyed and sad**.

I like everything about speaking up. It **makes me feel better** when I get the chance to **speak up**.





# Speaking Up Group members say:

- The most **important** thing about being part of groups and forums is that we can **say how we feel and share our views**
- We think this is **important** because when **people understand** they can **help us out**



# Speaking Up Group members say:

- we can talk about our members **experiences**
- It is **very upsetting** when people **don't listen** or **decide things without asking us**
- **Smaller groups** make things **better** because it is **easier for people** who need help **to join in.**



# Skilling up for stronger voices



## steering groups, forums, boards, conferences and consultations

- BBA management committee
- Advocate 4 Health focus group and steering group
- Bromley Learning Disability Partnership Board
- service user forum
- good health sub group
- Bromley Learning Disability Forum

## steering groups, forums, boards, conferences and consultations

- Bromley Mencap Brokerage steering group
- Bromley Mobility Forum
- Thyme Out steering group
- Supporting Independence in Bromley communications steering group
- Portfolio planning day

## steering groups, forums, boards, conferences and consultations

- Metropolitan Police independent advisory group for disability
- People First campaign group
- People First hate crime group
- London Regional Forum
- Inclusion London



# *speaking up together*



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